

EMBRACING THE DARK

CONTINUUM CLASSES WITH MEGAN BATHORY-PEELER

TUESDAYS • 6:00-8:00 PM • OCT. 21 - DEC. 16, 2025

JOURNEY WITHIN TO IGNITE YOUR INNER FIRE!

Replenish your reserves. **Resist the coming darkness or choose to illuminate and empower who you truly are.** The amount of work is the same.



The self-awakening practice of Continuum reminds us
to slow down, rest, and reconnect to
what is alive in each of us.

Embrace the contracting forces of our own resistance to meet the unknown
with the power and creativity of every breath, sound, and movement.

PERSONAL INVESTMENT: \$25/CLASS • \$180 WITH COMMITMENT TO ALL 9 WEEKS

FOR INFO/REGISTER • EMAIL: MEGAN@SOMANAUTIKO.COM • CALL 413.772.0078



COMMUNITY YOGA

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